

MEL JOLLY

Becoming
Future
YOU



Companion
Journal

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Hey, you!

Welcome to the Becoming Future You Companion Journal! This is the place where you'll record your answers to my questions and get to know more about what you want out of your life.

When you handwrite in a journal like this, your subconscious mind manages to slip some things past your conscious filter, and you may surprise yourself with your answers. Writing also forces you to define what you're thinking and turn it into sentences instead of just random fragments flitting around your brain, so whether you decide to type or carve into a tablet or create smoke signals, I hope you'll put time into answering these questions.

You're going to get even more out of Becoming Future You by writing down your thoughts.

If you'd like to join a group of people who understand what you're doing and want to support you, join the Becoming Future You Facebook group at www.facebook.com/groups/becomingfutureyouwithmeljolly/

I hope you enjoy this journal and get a ton out of it! I'm rooting for you!

Love,

A handwritten signature in black ink, appearing to be 'Mel Jolly', with a small smiley face drawn to the left of the first letter.

Your 5-Star Life Coach ✨

Chapter 2: Who Are You Becoming?

What are some of the positive ways Present You is different from Past You? What have you learned? How have you grown? How are you wiser now than you were in the past?

Write down everything you thought of when you envisioned your funeral. (If it's been a while since you read that exercise, go back and reread that part in Chapter 2). Who was talking? What were they saying? If you left this world today, what would people say about you? And how is that different from what you would like them to remember?

You're stronger than you think. What are some of the challenges Past You has already overcome? Make a list.

Chapter 4: The Journey is the Point

Can you think of any times in your life when you've given up on a dream and it was absolutely the right decision? What did you learn from pursuing that dream even though you didn't see it to completion?

Are there any dreams you've put on the backburner because they're too hard or you're not sure how you'll achieve them? What are they?

If you kill off the old version of you to make room for the more authentic version, what are you afraid will happen?

Chapter 5: The Enemies Close In

Who in your life is already on Team Future You? Who lifts you up when you're down? Who makes you feel more energized and hopeful after you spend time with them? Who is there with honest feedback when you need it?

How can you spend more time with these allies and cheerleaders?

Who are the enemies in your life? Who leaves you feeling tired and drained? Who wants to shred your origami bird dreams?

How can you be more strategic in the ways you deal with these people?

If you could create your ideal friendships, what would they look like? Use the questions below to guide you in designing your ideal friendships.

What do Future You's friends do for fun? What are their interests? What are their hobbies?

How do they treat their partners?

What's their financial status?

Where do they go on vacation?

Are they parents? What kind of parents are they?

Are they leaders in some capacity? What kind of leaders are they?

What do they do for a living?

What's their spiritual life like? What are their values?

Do they value personal growth?

How do they behave as a friend? Do they check in on you? Do they spend time with you? How do they offer support?

How do they receive your friendship in return?

What amount of time do they expect to spend with you?

How often do you want to see them?

Chapter 6: Who's directing this movie?

Expectations exist, and we all feel them. They aren't inherently good or bad; they just are. Finish these sentences and get some insight on the expectations you might be feeling. Cycle back through the sentences again and again until you run out of answers.

There's no way I could ever stop...

Everyone expects me to...

I absolutely have to continue...

The people at work would be mortified if I...

My family would think I was crazy if I...

My friends would be so upset if I...

Chapter 7: Future You, the Superhero

You're creating a character who isn't you, so don't hold back. Design the most awesome superhero you can imagine, and we'll turn it into something useful later.

Abilities

We've got to start with the fun part. What powers belong to Superhero You? I mean, anything... flying, x-ray vision, being able to channel lightning, moving things with your mind, running super fast... I promise, I'll help you turn this into something useful, but for now, go nuts.

Appearance

How does Superhero You look? Create a kick-butt appearance for Superhero You.

Hair color: _____

Hair style: _____

Eye color: _____

Skin color: _____

Height: _____

Weight: _____

Physique: _____

Makeup (Yes? No?): _____

Type of clothes: _____

Shoes: _____

Health

Imagine that body combined with those powers! How does it *feel* to run around like that all day? Physically? Emotionally? Mentally?

What kind of energy does Superhero You have?

How do you think Superhero You keeps in shape?

Mission

Being a superhero is hard work; what keeps Superhero You motivated? Why bother to keep fighting the villains and saving the people? What is Superhero You's mission? Who or what is Superhero You protecting? What motivates Superhero You to get out of bed in the morning?

Villains

Who does Superhero You stand up to? What battles does Superhero You run towards instead of away from? What does the villain want that Superhero You is absolutely not going to let him have?

Home Base

Where does Superhero You sleep? Where is that structure located? What does it look like? What does it feel like? Is it dark and mysterious, or light and sunny? A small hut or a mansion? Or maybe a space ship? What kind of comfort items does Superhero You keep nearby?

Sidekicks and Allies

Who can Superhero You rely on? And does that person go into battle with Superhero You? Or does he or she provide ground support from a distance? What are that person's abilities? What does Superhero You like about them?

When they're not out kicking butt, what do Superhero You and Sidekick do for fun? Do they have other buddies they like to hang with?

Endorsement Deals

Charities and organizations are always looking for superhero representatives; who does Superhero You represent? Why that cause instead of the many other opportunities Superhero You has?

True Love

Does Superhero You have a special someone? Who is this person? What are they like? Do they go on missions with Superhero You or wait at home?

Nobody Rides for Free

How does Superhero You make money? How much money does Superhero You have? What does Superhero You do with that money?

Recharging

Is there such a thing as superhero self-care? What does Superhero You do to recharge?

Reread your answers above and then answer the questions below.

Abilities

Which abilities stood out to you as especially great to have?

What would you do differently if you suddenly woke up with them one morning?

What does that tell you about Present You's interests and desires? Present You wishes you could...

Appearance

Which aspects of appearance stood out to you as especially awesome?

How would your life be different if you looked that way? How would you feel?

What is this telling you about what you want for Future You?

Health

How would it feel to have that level of health? What would you be able to do?

How is this different from your current level of health?

Villains and Mission

What does your villain stand for? Or maybe, what does your villain stand against?

Why is that worth fighting?

Which parts of Superhero You's mission stood out to you as something that might be applicable to your real life?

Why do you care about those things?

Are there ways you're already fighting that battle (even if it's on a small scale)?

Superhero You wakes up every day knowing what she stands for and why her life matters. How would it feel to have that level of certainty?

Home Base

What did you like about Superhero You's home base? Did you like the location? The extravagance? The simplicity? The location? The multitudes of people? The lack of people?

How are those details different from your current life?

Sidekicks and Allies

What were your favorite characteristics of Superhero You's buddies? Did you like the way they supported Superhero You? The way they gave her space? The way they wore matching tights?

How is this different from your current relationships?

Endorsement Deals

Did Superhero You pick a charity or organization to support? Is this a cause that matters to you?

What organizations exist in real life that might be following a similar mission?

Are you currently supporting this cause, even if it's in a small way?

True Love

Did Superhero You have a romantic partner? What were your favorite characteristics of that person?

What did you like most about their relationship?

How is that person similar to who you would like to have in Future You's life?

How are they different?

Nobody Rides for Free

What did you like about Superhero You's financial set up?

What was Superhero You able to do with her money that appealed to you?

How is that different from your current financial situation?

If money came to you as easily as it comes to Superhero You, what would you do with your time?

Recharging

What appealed to you in Superhero You’s self-care? What did she do that sounded like it might be fun or rejuvenating?

How is that different from Present You’s life?

Chapter 8: The Villain Attacks

When you make a mistake, what do you say to yourself? Make a list of the things you're most likely to say inside your head or under your breath when you mess up.

Which of those are things Future You would think?

Which of those are things Future You would never think?

When you're talking to others, what sort of things do you say *about* yourself? Make a list of every "I am" statement you can remember saying.

Which of those are things Future You would say?

Which of those are things Future You would not say?

What's your go-to response in stressful situations?

Which of those responses are what Future You would do?

Which of those responses are not what Future You would do?

Chapter 9: Unlocking & Embracing Your Powers

What are you interested in learning more about?

What activities bring you joy or make you feel alive?

What skills has Past You worked to develop that you enjoy using?

What kind of compliments do you receive from others? What do people tell you you're good at?

What did you like to do as kid? What were you interested in?

Who did you admire?

What did you dream of doing or being “when you grew up?”

Even if that dream seems wrong for you now, what clues does that dream hold to your natural gifts and superpowers?

How might Future You enjoy using those talents?

Chapter 10: The Mission

Think about a goal you're working towards. For this exercise, pick something you think you can reasonably achieve in less than three years.

Why does the goal matter to you?

How will achieving that thing improve your life?

What might you learn along the way?

What will Future You have that Present You doesn't?

Hooray! You've defined *why* this goal matters to you! Keep that in mind as you continue to do the hard work.

Defining Your Missions Statement(s)

Let's look to 5-Star Future You for some guidance – What do you want people to say about her at her funeral? Complete these sentences:

She always made me feel...

You could always count on her to...

I never doubted that she cared about...

She taught me to...

She inspired us to...

She really made a difference by...

And let's bring Present You into the picture as well:

What bad things or injustices have you heard about that absolutely infuriate you and make you wish things were different?

What do you wish more people knew?

What do you wish everyone could feel?

What would you say are your top priorities?

What are your values?

Look back at Superhero You's Mission. Can you find any clues that might relate to your real-life mission or missions?

Chapter 11: Stepping Into the Role

How would 5-Star Future You talk to herself when she makes a mistake?

How would 5-Star Future You talk to herself when she achieves a victory?

How is that different from the way you talk to yourself now?

How would Future You handle that difficult person at work?

How would Future You handle that frustrating thing that keeps happening at home?

What's one healthy habit 5-Star Future You has that Present You doesn't?

Hang onto your answer as we move into the next chapter.

Which one new habit do you want to install?

When and how often are you going to do it?

Is it small enough that you can accomplish it, even on bad or busy days? If not, make it smaller:

Which of your already ingrained habits are you going to attach it to? EX: Meditating (new habit) right after brushing your teeth (ingrained habit).

How are you going to track your habit? (If you don't have the supplies, order them now or put them on your shopping list.)

Check this box when you do your new habit for the first time.

If you want to keep reading about habits, here are some books I recommend:

The 7 Habits of Highly Effective People by Stephen Covey

Mini Habits by Stephen Guise

Atomic Habits by James Clear

High Performance Habits by Brendon Burchard

The Power of Habit by Charles Duhigg

Chapter 13: Stop Sabotaging Future You

Off the top of your head, what are all the ways you know you've been sabotaging Future You?

What favors for Future You could you be doing to combat your particular instances of sabotage?

Check this box after you do one favor for Future You on purpose.

What was the favor?

If you would like to dive deeper into this topic, you can take my FREE on-demand class: Stop Sabotaging Future You. Sign up at <https://becomingfutureyou.com/sabotage>

Chapter 14: Enjoying the Journey

Who in your life is already supporting you in the way you'd like? Brainstorm a list.

How can you add more mentors, allies, sidekicks, and peers to your life? Or spend more time with the ones you have?

Which areas of your life have been getting the "gourmet mac and cheese" level of effort when they shouldn't be?

Off the top of your head, what are twenty things, experiences, or people you feel grateful for?

How can you do a better job recognizing your efforts instead of focusing solely on the results?

Who can be your gratitude buddy or be in your gratitude group?

Check this box after you ask this person to purposefully start talking about gratitude with you.

You did it!

By answering these questions, you've gotten so much more clarity on who Future You is and how she acts. Now, one step at a time, you can work on becoming her. Great job!

Hang onto this journal and your answers! Just like the students in *Unlock Your 5-Star Future*, my DIY Coaching Program, you'll gain more clarity as you take more steps forward.

The next time you come back to these questions, you'll have shed more of those "shoulds" and "supposed tos" and have answers that are even more in alignment with the most authentic version of you.

If you want a downloadable version of this journal (for the next time you answer the questions), you can grab it for free at becomingfutureyou.com/book.

If you want to supercharge your progress and have me as a guide on a regular basis, enroll in *Unlock Your 5-Star Future* and get started today: <https://www.becomingfutureyou.com/unlock>

I'm so proud of you! Just work on taking one step at a time and you'll be shocked at how quickly things change. You've got this!

Love,

A handwritten signature in black ink, appearing to be 'Mel Jolly', written in a cursive style.

Your 5-Star Life Coach ★